



# The Pico Bonito Times

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New Horizons 2006 – Honduras

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## Seabees spearheading Honduran school project

**By Capt. Mike Chillstrom**

*New Horizons 2006 – Honduras Public Affairs*

**LA CEIBA, Honduras** – Seventeen Navy Seabees and six Honduran military engineers are building a primary school here as part of New Horizons 2006-Honduras, a joint training exercise between the U.S. military and the Honduran government.

The Seabees, deployed here from Naval Mobile Construction Battalion 7 in Gulfport, Miss., will build a school in El Pino, a community that currently sends more than 200 children to an existing two-room schoolhouse.

The Seabees' mission is to construct a new two-room school with a bathroom and a well, adjacent to the existing school. The new school will both alleviate overcrowding and provide an upgrade in facilities.

"The new school will definitely help the local people," said Navy Petty Officer 2nd Class Dennys Colodro. "Just adding a well and providing fresh water will be a big help."

Community support has been overwhelming, Petty Officer Colodro said. Several local workers have offered to work for free because they know the school will help their children, he added.

"We're happy to be in Honduras because we know we're doing something for the community that will affect them for a long time," Petty Officer 1st Class Jeremy Rich, El Pino site project manager.

Until the time comes to cut a ribbon signifying the opening the school, a lot of work needs to get done.

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*Photo by Tech. Sgt. Maria Bare*

Navy Seaman Mike Vernoeneau, Naval Mobile Construction Battalion 7 out of Gulfport, Miss., compacts the ground prior to the concrete forms being set at the El Pino site.

# Doc travels world to treat patients

By Air Force Staff Sgt. Beth Orlen

*New Horizons 2006 – Honduras Public Affairs*

**LA CEIBA, Honduras** – Between stitching up fingers, treating scorpion stings and treating intestinal viruses, Air Force Staff Sgt. Matt Walrod is a busy person.

This independent duty medical technician from Fairchild Air Force, Wash., is tasked to take care of the more than 300 men and women of New Horizons 2006 – Honduras, a joint training exercise that will have constructed a maternity clinic, four schools and provided free medical care at 14 different locations in and around La Ceiba.

IDMTs are commonly used for military operations other than war and at isolated duty stations throughout the world.

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## Fill ‘er up!



Photo by Air Force Staff Sgt. Beth Orlen

Army Spc. Sandro Soler, deployed from Army Forces at Soto Cano Air Base, Honduras, checks the level in a fuel truck Feb. 18. Specialist Soler works in the motor pool and helps deliver the fuel to all the different working sites to resupply the construction equipment.

## Seabees

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Within the week, the Seabees will finish all excavation and start work on the school's foundation. The crew expects to start laying block, or construction masonry units, next week.

“This deployment is definitely going to help us with our CMU block skills,” said Petty Officer Rich. “Normally we build wood or steel structures. Working with CMU isn't a skill we get to regularly use, so this is a great training environment for us.”

The Seabees will strengthen many of the beams throughout the building using a process called ‘core filling,’ meaning they will fill the blocks with concrete. The school will be one of the strongest buildings in the community, a susceptible area

that was hit hard by Hurricane Mitch in 1998.

When the construction is completed in late April or early May, the school will have complete electrical and plumbing systems and be a welcomed addition to the El Pino community.

“We want to make sure we build a great product and we're able to walk away knowing that we did a good job,” said Petty Officer Rich. “It's a pride thing for us.”

Working hand-in-hand with Honduran military engineers is another important aspect of the New Horizons mission.

The Honduran engineers, who are trained in carpentry and masonry, are ready to help out and be a big part of the project, Petty Officer Colodro said.

“The language barrier is a little difficult sometimes,” said Petty Officer Rich. “But the Hondurans are learning from

the techniques that we use, and we're learning from them. The camaraderie's good.”

Despite a few weather and logistical delays, the El Pino school project is expected to be completed on time.

“The Seabees history has always been ‘Can do,’” said Petty Officer Rich. “We're often faced with a lot of different tasks, and we've had some difficulties in getting this project off the ground, but our motto is always ‘Can do.’”

New Horizons 2006-Honduras is a joint training exercise between the U.S. military and the Honduran government that will improve the quality of life for the local people. When the exercise concludes in May, the Joint Task Force here will have constructed a maternity clinic, four schools and provided free medical care at 14 different locations in and around La Ceiba.





# MILITARY NEWS

## Air Force News

First piece of memorial placed

**ARLINGTON, Va. (AFPN)** — Construction crews raised the first piece of the Air Force Memorial here on top of a hill overlooking Arlington National Cemetery. The 40-foot long piece of stainless steel, which weighs more than 28 tons, is the first of 15 pieces to be placed. When completed, the memorial will be 270 feet tall.

"The design is a take-off on the Air Force (jet aircraft) doing the bomb burst maneuver ... also, that graceful arc of a missile launch and there are three spires," said retired Maj. Gen. Ed Grillo, Air Force Memorial Foundation president.

The three upward spires represent the Air Force's core values — integrity, service before self and excellence in all we do.

"We thought that was very emblematic of representing today's Air Force," he said.

The memorial is scheduled to open Oct. 13 in conjunction with the Air Force's year-long celebration of its 60th anniversary.

The memorial will also include a bronze honor guard, inscription walls and a glass chamber of contemplation to remember those who made the ultimate sacrifice.

"There have been a total, including our predecessor organizations, of over 54,000 people that have been killed in action. We need a tribute and it's long overdue to the United States Air Force," General Grillo said.

To find out more about the memorial, visit the Web site at [www.airforcememorial.org](http://www.airforcememorial.org).



*Photo by Master Sgt. Gary Coppage*

The first 39-foot section of a 279-foot spire is set into place Feb. 10 at the Air Force Memorial.

## Marine Corps News

Marines, sailors give assistance

**LEYTE, Philippines** — Joint Task Force Balikatan was recently deployed to the coast of Southern Leyte to provide humanitarian assistance and disaster relief Feb. 19 for victims of a recent mudslide there.

U.S.S. Essex and U.S.S. Harpers Ferry responded immediately

to the Republic of the Philippines' request for humanitarian relief aid after the mudslide swept over the farming village of Guinsahugon and two other nearby villages, about 420 miles southeast of Manila.

"We were sent to assist ... because the crew and embarked Marines of the 31st MEU, JTF Balikatan, are trained for this kind of mission," said Navy Capt. Martin Keaney, Essex commanding officer.

Navy Capt. Mark Donahue, commodore, task group commander of the forward deployed amphibious ready group flew over the area Feb. 19 and met with members of the Philippine military.

"We went to survey the area at the invitation of the Philippine government," said Donahue. "I discussed what we would be able to provide with members of the Philippine Army task force coordinating relief efforts. We now have diggers on the ground to assist."

Essex, Harpers Ferry and U.S.S. Curtis Wilber personnel are standing ready to assist.

"We are currently gathering onboard relief supplies, volunteers, linguists and (making) other preparations to provide assistance while on station off of Leyte," said Keaney.

# Make New Horizons a diamond

**By Capt. Joshua Nugent**

*New Horizons 2006 – Honduras deputy commander*

It has been said a diamond was just a hunk of coal that stuck to its job and made good under pressure.

Now that New Horizons 2006 – Honduras is officially underway, we should each schedule a few moments to look around at our surroundings and take stock of the hard work and effort each person assigned to the JTF has put forward.

From the first

moments I arrived at the base camp in La Ceiba, I have seen people willing to look beyond the challenges that lie ahead and find ways to solve difficult and often complex problems.

Despite rain, washed out roads, heat and a few bugs that at times have reared their ugly heads, Marines, Soldiers, Sailors and Airmen have diligently toiled together to build a working base camp and lay the foundation necessary to build four schools and a medical clinic, and conduct medical readiness exercises.



All service members understand accomplishing the mission is the priority, but it just so happens the mission we have all been tasked with accomplishing will positively impact the lives of literally hundreds of people.

The real reward from New Horizons 2006 is not the property, buildings or resources we will leave behind, but rather the access to education,

medical care and empowered communities. Every project site, including our base camp, is under-going a powerful transformation and before any of us has a chance to realize the magnitude of our work, we will all be staring at a diamond before us.

And for those who are headed back to America before the exercise's completion, travel safe and take with you the knowledge it was your skills, determination and commitment that built the successes we all will share. Keep charging!

## Word on the Street

### *"What would you like to see improved here?"*



*"The logistics of moving equipment."*

Marine Capt.  
Joshua Nugent  
Marine Wing Support  
Squadron 472nd,  
Detachment B from  
Westover Air Reserve  
Base, Mass.



*"The food. You get small portions and they're large MREs."*

Navy  
Petty Officer 2nd Class  
John Piper  
Naval Mobile  
Construction  
Battalion 7  
Gulfport, Miss.



*"Let each service take care of their own people."*

Army Staff Sgt.  
Thomas Balogh  
3/142nd Combat  
Support Aviation  
Battalion  
Latham, N.Y.



*"Ice cold water."*

Air Force Staff Sgt.  
Deana Howell  
1st Aeromedical  
Squadron  
Langley Air Force  
Base, Va.



*"The logistics of moving the job materials."*

Air Force Master Sgt.  
Brad Johnson  
354th Civil Engineer  
Squadron  
Eielson Air Force Base,  
Alaska

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All photographs are Air Force photographs unless otherwise indicated.



# Doc

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Sergeant Walrod, who volunteered to come to Honduras, said he is enjoying his time here.

"I love the independence, and I feel honored to treat patients and take care of them," he said.

Sergeant Walrod, called "Doc" by the members of the New Horizons team, has had his share of treating patients in the past month.

He's seen three scorpion stings, an intestinal blockage, a bleeding ulcer, various minor illnesses and several cuts that required stitches.

When Tech. Sgt. Ivan Young, 11th Civil Engineer Squadron at Bolling Air Force, Washington, D.C., accidentally shot a 3-inch nail into two fingers while constructing tent floors recently, he went straight to Sergeant Walrod to be treated.

"I trust him more than some doctors. He knows what he's doing," said Sergeant Young, who received three stitches before returning to work.

But so far it was an 18-month-old girl that really made an impression on Sergeant Walrod.

The girl had fallen on a large knife at home and cut through all three layers of the skin. Her parents came to the closest place where they knew someone could help them — the base and Sergeant Walrod.

With the help of a translator, the IDMT cleaned her wound and give her seven stitches before sending her home.

"It's the best thing I've done (so far)," he said. "We gave care to someone who couldn't have gotten care any other way."

This extra effort is not only



*Photos by Air Force Staff Sgt. Beth Orlen*

Air Force Staff Sgt. Matt Walrod, 92nd Medical Operations Squadron at Fairchild Air Force Base, Wash., numbs the hand of Air Force Tech. Sgt. Ivan Young, 11th Civil Engineer Squadron at Bolling Air Force Base, Washington, D.C., before stitching up the finger he injured.

noticed by his patients, but also by his coworkers.

Army Master Sgt. Robert Comtois, a member of the 3/142nd Combat Support Aviation Battalion out of Latham, N.Y., and paramedic with 34 years of experience, said he is impressed with Sergeant Walrod.

"He is very knowledgeable and does the extra effort to take care of (his patients)," he said.

"Typically most medical personnel aren't as caring as (Sergeant Walrod), but he has a good bedside manner and the ability to put people at ease."

As for whether or not it's been worthwhile to come one this deployment, Sergeant Walrod wholeheartedly said yes.

"I hope all IDMTs are given this opportunity, because it is well worth it."



# Building it brick by brick

Excellence in all we do isn't just an Air Force core value. It's how the members of New Horizons 2006 – Honduras do business, as is the case of making sure the corner stones of the four schools and one maternity clinic the team is building look as good as they can.

**Left:** Air Force Staff Sgt. Jeff Vorwald, 11th Civil Engineer Squadron out of Bolling Air Force Base, Washington, D.C., makes the smooth cuts to the cornerstones.

**Below right:** Air Force Staff Sgt. Seth Machler, 11th CES, brings the bricks to be cut.

**Below left:** New Horizons team members off load the bricks from a local vendor.





# Explore Honduras

## White water rafting available in La Ceiba

Some of the best white water rafting in Central America is to be found right here in La Ceiba.

The Cangrejal River offers class II, III and IV rapids, all within a short 45 minute drive from downtown La Ceiba.

In addition to the exciting rapids, the Pico Bonito National Park, which features more than seven different ecosystems because of its changing altitudes, has its eastern border with the river, offering you an insight



Courtesy photo

to the ever so lush green forests of Honduras.

Lunch is included in the tours, which are guided by expert river rafters with years of experience.

Sign up for the Sunday rafting trips at the Tactical Field Exchange.

(Information provided by [www.hondurastips.honduras.com](http://www.hondurastips.honduras.com))

## Spanish 101

### Shopping in Honduras: Size conversation charts

#### Waist

<u>U.S.</u>	<u>Latin America</u>
24	61
26	66
28	71
30	76
32	80
34	87
36	91
38	97

#### Collar

<u>U.S.</u>	<u>Latin America</u>
14	36
14 ½	37
15	38
15 ½	39
16	41
16 ½	42
17	43

#### Shirts

<u>U.S.</u>	<u>Latin America</u>
Small/34	87
Medium/36 or 38	91 or 97
Large/40	102
Extra Large/ 42, 44 or 46	107, 112 or 117

#### Women's Shoes

<u>U.S.</u>	<u>Latin America</u>
4	35
5	37
6	38
7	39
8	40
9	42

#### Men's Shoes

<u>U.S.</u>	<u>Latin America</u>
7	39
8	41
9	42
10	43
11	45
12	46
13	47

#### Dresses/Blouses

<u>U.S.</u>	<u>Latin America</u>
5	34
6/7	36
8/9	38
10/11	40
12/13	42
14	44



#### Men's Hats

<u>U.S.</u>	<u>Latin America</u>
6 ¾	54
6	55
6 ½	56
7	57
7 ¼	58
7 ½	60

#### Children's Clothing

<u>U.S.</u>	<u>Latin America</u>
2	40/55
4	50/55
6	60/65
8	70/75
10	80/85
12	90/95